

PHYSICAL CULTURE AND HYGIENIC BODY BUILDING

By ANTON SCHATZEL.

SECOND WEEKLY LESSON.

BREATHING.
Life depends upon oxygen and is just as essential as food. It purifies and makes good, healthy blood. Light, shallow breathing means imperfect filling of the air cells in the lungs and incomplete aeration of the blood. The

lungs and I find it a good tonic. On a cold day it will produce warmth and exhilarate the whole body.

REST.

The laws of nature demand rest to gather new strength and life force for the follow-

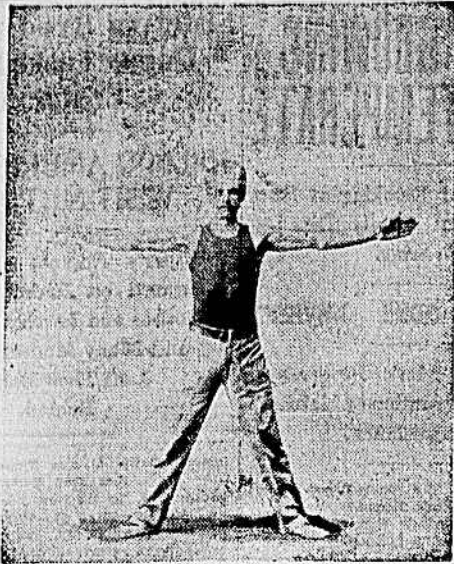


FIG. 7.

Exercise 7. Swing arms sideways, as shown in Fig. 7, projecting the chest, and draw chin back on each sideways movement.

result of such disease will degenerate the lungs and ultimately bring on respiratory diseases. Respiration should be deep and full and if possible taken out doors or if in the house, before an open window upon rising in the morning and again before retiring at night.



FIG. 8.

Exercise 8. Stand erect, and with hands placed firmly on the hips, bend body forward as shown in Fig. 8. The knees must be kept straight and stiff during the entire movement.

I practice breathing on my way home and back again and it does not take any of my



FIG. 9.

Exercise 9. From Fig. 1, swing arms up sideways, bend elbows, and close hands as you force them down toward the shoulders as shown in Fig. 9.

about ten or twenty minutes and you will be surprised to see how it will invigorate the body for the rest of your day's work.

The laws of nature demand rest to gather new strength and life force for the following day. Most of the regeneration of the body takes place during sleep. The wear and tear is made good and new supply of force is accumulated for expenditure during the follow-

POEMS YOU OUGHT TO KNOW

Whatever your occupation may be, and however crowded your hours with affairs, do not fail to secure at least a few minutes every day for refreshment of your inner life with a bit of poetry.—Professor Charles Eliot Norton.

No. 508.

The Way to Heaven.

By JOSIAH GILBERT HOLLAND.

A selection from Holland, together with his portrait, autograph and biographical sketch, has already been printed in this series. This beautiful poem was written by Josiah Gilbert Holland, the noted American editor and author, who once taught school in Richmond. Born at Belchertown, Mass., July 24, 1819, he was educated as a physician and practiced medicine for a short while, but abandoned this and took up school teaching at literary work. He became influential as an editor and won distinction as an author and poet. He was one of the founders of Scribner's Monthly, later the Century Magazine, and was editor of that periodical until his death in 1881.

HEAVEN is not gained by a single bound;
But we build the ladder by which we rise
From the lowly earth to the vaulted skies,
And mount to its summit round by round.

I count this thing to be grandly true,
That a noble deed is a step toward God—
Lifting the soul from the common sod
To purer air and broader view.

We rise by things that are 'neath our feet,
By what we have mastered of good and gain,
By the pride deposed and the passion slain,
And the vanquished ill that we hourly meet.

We hope, we resolve, we aspire, we pray,
And think that we mount the air on wings
Beyond the recall of sensual things,
While our feet still cling to the heavy clay.

Wings for the angels, but feet for the men!
We may borrow the wings to find the way—
We may hope and resolve and aspire and pray,
But our feet must rise, or we fall again.

Only in dreams is a ladder thrown
From the weary earth to the sapphire walls;
But the dreams depart, and the vision falls,
And the sleeper wakes on his pillow of stone.

Heaven is not gained at a single bound;
But we build the ladder by which we rise
From the lowly earth to the vaulted skies,
And mount to its summit round by round.



This series began in The Times-Dispatch Sunday, October 11, 1903. One is published each day.

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ing day. Hence sleep is very necessary to good health and strength. Loss of sleep is as wearing as loss of food and fresh air. Experience teaches us that eight hours of adult life out of every twenty-four should be spent in sleep. It is better for health to retire at 10 P. M. than at 12. Sleep in a large, ventilated room, raise the lower end and lower the top end of your window summer and winter, but don't let the draft strike you. Remember that life depends upon oxygen and must have more than during the waking period. Refuse it, or rebreath it or stay in a room with dead air and the blood stagnates, causing dreams.

take a breathing exercise for five or ten minutes before an open window so as to get the pure, fresh air, exercise lightly as I have outlined to you in my course of physical culture and hygienic body building, in your room, which should be cool and properly ventilated.

BATHING.

The skin is an important organ of excretion as it throws out through its pores certain kinds of waste and poisonous matter. The most important function is the regulation of the body's temperature. Bathing secures cleanliness, reduces nervous excitability, stimulates the ac-

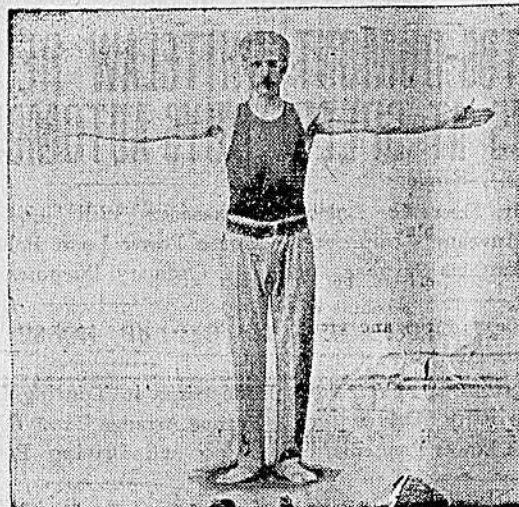


FIG. 10.

Exercise 10. From Fig. 10, with feet about four feet apart, repeat exercise 5 as shown in the first week's as shown in Fig. 10.

The muscles put on a tired feeling and droopiness follows. A tired feeling upon waking. Loss of sleep is due solely to this, and cured not by medicine, but by oxygen, which is always plentiful in a well ventilated room. Sleep on the right side for the most part.



FIG. 11.

Exercise 11. From Fig. 7, swing arms straight and stiff downward against the back muscles as shown in Fig. 11. Close hands firmly on the downward swing.

If possible form the habit of breathing through your nose, and prevent diseases of the nose and throat. To induce sleep when nervously tired use one or more of the following remedies. Take a warm bath just before retiring or



FIG. 12.

Exercise 12. From Fig. 12, with feet about four feet apart, forearm parallel with the floor, repeat exercise 4.

GETS THREE YEARS FOR CRIME OF POISONING

Anna Jones Found Guilty By a Jury in Chesterfield County.

(Special to The Times-Dispatch.)
CHESTERFIELD, VA., June 17.—Anna Jones, who was indicted jointly with James Loving, both colored, on Monday for poisoning a number of people on Mr. J. Scott Parrish's farm, on Falling Creek, was tried Thursday in the Circuit Court, found guilty and given three years in the State penitentiary. Loving will be tried later.

It appeared from the evidence that some drug, thought to be arsenic, was mingled with the coffee and other table fare in the home of Mr. Royall A. Clarke, who manages the farm, and while the Commonwealth's attorney found it difficult to establish the guilt of the prisoners charged with the crime, many circumstances pointed strongly to them as the guilty parties.

The poisoning was done in the month of March, and both Mr. and Mrs. Clarke and several of their boarders were so nearly killed by the drug used that they continued ill for several weeks. Dr. P. A. Irving, who attended Mr. and Mrs. Clarke at the Virginia Hospital while suffering from the effects of the poison, testified before the jury during the afternoon, giving it as his opinion that arsenic was used by the perpetrator of the crime.

A damage suit of \$7,500 of Lydia W. Cook against the Seaboard Air Line was begun in the Circuit Court yesterday. The application of Mr. E. T. Puckett for license to sell liquor at Winterpock, made to the court in accordance with the notice posted on the courthouse door, was continued for hearing on Monday. A number of citizens of Winterpock appeared in opposition to the granting of license at that place.

LONDON ABSORBED IN ROYAL WEDDING

(Continued From First Page.)

Beautifully dressed women present. By the way, Lord and Lady Archibald Alexander, who are on their wedding trip. Mr. Charles D. Lahler, of New York, was one of the guests at a dinner party given by Lord and Lady Algernon at Portland Place the other evening.

Queen Very Beautiful.
An English woman, who was among the royal guests, tells me that Princess Patricia of Connaught, who is devoted to her sister, wept silently during the entire ceremony. Everybody who knows the young couple says this is unquestionably a real love match.

Everybody was struck with the looks of the Queen.
The same woman, who is noted for beauty herself, said the Queen looked perfectly beautiful. It was wonderful how she stood out among all the women present, both faces and figure compelling attention and admiration.

For the garden party on Wednesday many people automobilized out from London. Among them was Miss Maxine Elliott, who had Lady Colerbrooke with her.
Consuelo, Duchess of Manchester, was one of the few bliden to join King Edward at tea.

Mrs. John Leslie were a most becoming dress of white and yellow. Mrs. Ernest Padelford and Miss Padelford were also present.
Mrs. John Jacob Astor has been stopping for several days with Consuelo, Duchess of Manchester, at White Lodge, Richmond.

Mrs. Newhouse was one of the house party entertained by Lord and Lady Chesterfield at Holme Lacy during Whit-tuesday.
The Duke and Duchess of Roxburghe, who went to Scotland for the holidays, are expected back in a day or two.
Mrs. Potter Palmer was in Paris during the week.

V. M. I. FINALS.

Guard Mounting and Review Witnessed By Many Visitors.

(Special to The Times-Dispatch.)
LEXINGTON, VA., June 17.—Commandment began at the Virginia Military Institute this morning with guard-mounting, witnessed by many visitors. This afternoon field day exercises were held on the parade grounds. Another large crowd witnessed the review this afternoon, which was followed by battalion inspection.
Tonight the Athletic Club gave a

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highly creditable exhibition in the gymnasium in Stonewall Jackson Hall, before an audience composed of many visitors. The exhibition consisted of work on parallel and horizontal bars, rings, horse, tumbling and other athletic feats. The performers were Cadet Wharton (London), Morrison, James, Craig, Hobson, McCready, Charlton, Bird, Doyle, Johns, Robinson and Markham.
Alumni are beginning to arrive in numbers.

Why George Was First.

The class in history was discussing the cruel conduct of King George and the consequent revolution among the colonists in America. The teacher had just ended a very interesting discourse and then asked who was the first President.
"George Washington," said the whole class at once.
"Why was he chosen?"
"Because Roosevelt wasn't born then," said a little six-year-old Albany Journal.



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